the posh nosh

102 N. Center St.
Bloomington, IL
829-4721

723 S. Neil St.
Champaign, IL
398-8978

"LITE" LUNCH

Served Daily
from
11:30 a.m. to 1:30 p.m.

½ Sandwich
(Different Special Everyday)
and your choice of:

Tossed Salad
Fresh Fruit
Bowl of Soup

$2.35

QUICHE OF THE DAY

Served with your choice of:

Tossed Salad
Fresh Fruit
Bowl of Soup

$2.85

PARTY TRAYS

With The Personal Touch

Deli Trays, Fresh Fruit or Fresh Vegetable Trays, Pastry Trays, Bagel Trays and More

FRESH HOMEMADE PASTRIES From Our Bakery

Featuring A Daily Selection of Muffins:

Blueberry, Whole-Wheat Bran
Honey-Orange-Raisin, Chocolate Chip,
Fresh Banana, Apple-Cinnamon, and more

CARRY-OUT SERVICE AVAILABLE

"POSH" COMBINATIONS

Triple-decker Sandwiches are served on your choice of Whole Wheat, Light Caraway Rye, Sourdough French, Pumpernickel.

I. **Breast of Turkey, Ham and Colby Cheese** served with Lettuce, tomato, pickle and potato chips **$3.95**

II. **Ham, Swiss Cheese and More Ham** served with lettuce, tomato, pickle and potato chips **$3.95**

III. **Salami, Cheese and Ham** served with lettuce, tomato, pickle and potato chips **$3.95**

IV. **Breast of Turkey, Swiss Cheese and Ham** served with lettuce, tomato, pickle and potato chips **$3.95**

V. **Rare Roast Beef, Breast of Turkey and Swiss Cheese** served with lettuce, tomato, pickle and potato chips **$3.95**

VI. **Salami, Cheese and Rare Roast Beef** served with lettuce, tomato, pickle and potato chips **$3.95**

VII. **Our ½ lb. Combination!** Kosher Style Vienna Corned Beef, N.Y. Pastrami, and Swiss Cheese, served with pickle and potato chips **$4.65**

"FOR THE ADVENTUROUS"

Sunshine Sandwich Start with 3 slices of our Raisin Bread, spread them with plain cream cheese, add some slices of Red Delicious Apple, some fresh raisins and raw sunflower seeds and start all over again. A Double-Layered Treat! **$2.65**

Double-Melted Cheese Colby and Monterey Jack melted together and sprinkled with bacon bits or raw sunflower seeds, topped with fresh mushrooms, tomato slices and alfalfa sprouts. All put together on 3 slices of whole wheat bread **$2.65**

Vegetarian Delight Fresh mushrooms and raw sunflower seeds on a thick layer of our own cream cheese and chives, add some cucumber, tomato, a mound of fresh grated raw carrots, a slice of Monterey Jack, and top it with some alfalfa sprouts. Served on whole wheat bread **$2.65**

Cucumber Special Breast of Turkey, slices of fresh cucumber, a generous portion of our cream cheese & chives, topped off with alfalfa sprouts and served on whole wheat bread **$2.65**

Applicious Slices of Red Delicious apple, heaped on a layer of fresh ground peanut butter, Colby Cheese layered in between, a generous portion of our own Carrot-Raisin Salad, a few more slices of apple and a little more peanut butter, all on our whole wheat bread **$2.65**

Guacamole Special (a little hot and spicy), made from fresh avocado and our special blend of seasonings, fresh tomato, Monterey Jack and a generous portion of alfalfa sprouts, all served on 3 slices of our whole wheat bread **$2.65**

Sides and Extras

Potato Salad ..... **.50**
Macaroni Salad ..... **.50**
Coleslaw ..... **.50**
Tossed Salad **1.00**
Tomato Slice ..... **.15**
Cheese on anything ..... **.25**
Alfalfa Sprouts ..... **.35**
Hard-boiled egg ..... **.40**
Cottage Cheese ..... **.75**
Fresh Spicy Guacamole ..... **.60**
with Nacho Chips **1.00**

...And We Also Have

Homemade Soups

Daily Sandwich Specials

Italian Dishes with Our Own Italian Meat Sauce

"FROM THE GARDEN"

California Special Chunks of head lettuce, red cabbage, and a little spinach. Top this with some fresh mushrooms, grated raw carrot, raisins, raw sunflower seeds and a few alfalfa sprouts. Our poppyseed dressing is a must! ..... $3.65 ½ order $1.95

Spinach Salad Garden fresh spinach, mushrooms, cucumber slices, hard-boiled egg, bacon bits (or raw sunflower seeds) grated raw carrots, croutons and some alfalfa sprouts. Don't forget to ask for our poppyseed dressing ..... $3.65 ½ order $1.95

"Nacho" Salad Chunks of head lettuce, tomato, and nacho chips; smothered in our own chili and topped with a mound of grated cheddar cheese $2.75

Garden Patch Right from the garden - head lettuce, red cabbage, spinach. Add some cucumber, tomato, hard-boiled egg and fresh grated raw carrots, cheese, croutons, bacon bits (or raw sunflower seeds, if you prefer) and top it with alfalfa sprouts. Our poppyseed dressing is great! ..... $3.65 ½ order $1.95

Fresh Fruit Salad A real delight of fresh fruit-oranges, apples, pears, melon, grapefruit, pineapple, grapes... (perhaps a few more) ..... small $ .95 large $1.85

Tuna Salad or Chicken Salad Plate On a bed of our tossed salad we arrange tomato slices, cucumbers, hard-boiled egg and a generous portion of tuna salad or chunk white meat chicken salad, toasted croutons and a few alfalfa sprouts $2.95

HOT SANDWICHES

Kosher Style Corned Beef or N.Y. Style Pastrami Served on Jewish Rye $2.85

French Dip Slices of top round roast beef dipped in our Au Jus and served on our warm Sourdough French Roll $2.85

"Texas Style" BBQ Sandwich Roast beef simmered in spicy BBQ sauce and served on our warm Sourdough French Roll $2.25

Italian Beef Thin slices of beef in our own Italian Au Jus served on our Sourdough French Roll $2.25

Chicken or Tuna Salad Melt With tomato, lettuce, or sprouts, Colby Cheese, on your choice of bread $2.85

Imported Ham With Colby or Swiss Cheese, served warm on our Sourdough French Roll $2.85

BAGELS N' STUFF

Bagel with butter ..... $ .75

Bagel w/cream cheese & chives $1.15

Bagel w/Nova Scotia Lox, cream cheese & chives, tomato, onion $4.25

COLD SANDWICHES

Imported Ham $2.35

Breast of Turkey $2.35

Top Round Roast Beef $2.95

Pure Beef Salami $2.35

Tuna Salad or Chicken Salad $2.45

Cheese (Natural Swiss, Colby, Monterey Jack) $1.65

In December 1981 The Posh Nosh opened for business in Bloomington, Illinois. It is our aim to create a great deli in a downtown area where you may enjoy a tremendous variety of the finest food attainable served in a warm atmosphere.

We find that quality means hard work and no compromising. It means cooking and preparing salads, quiches, soups, desserts and special dishes daily so they are fresh each day.

If for any reason you are dissatisfied with your meal here, please let us know. If you find everything to your satisfaction please tell your friends — don't keep a good thing to yourself — share it!

We appreciate this opportunity to serve you and hope you enjoy yourself here with us.

Manager for the entire staff

ALL-OCCASION TRAYS

FRESH FRUIT TRAY

CONTINENTAL TRAY

EXECUTIVE MEAT TRAY

CHEESE TRAY

BAGEL BREAKFAST TRAY

FRESH VEGETABLE TRAY

DELUXE TRAY

MEAT & CHEESE TRAY

Minimum 8 people per tray.
All meat trays are accompanied with sliced rye bread.

Prices will be quoted for any specialty tray you wish prepared.
Specialty and combination trays can be made upon request.